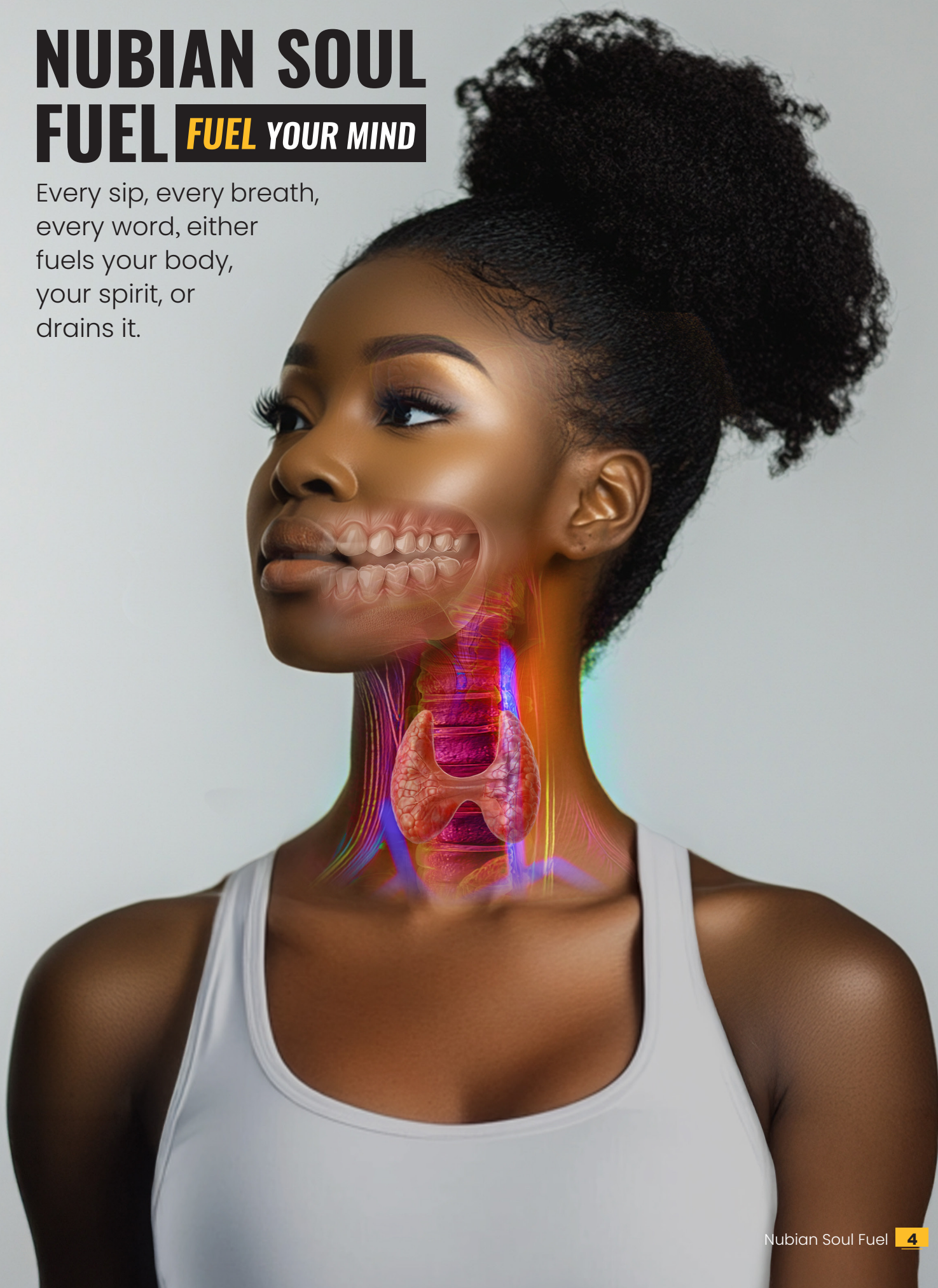


NUBIAN SOUL FUEL **FUEL** YOUR MIND

Every sip, every breath,
every word, either
fuels your body,
your spirit, or
drains it.



WHY THIS BOOK MATTERS

It's a Path Back to You

your inheritance, your truth, and the power
your ancestors always knew you carried.

Family, have you ever stopped and asked yourself:

*Do I believe that changing my mindset
could shift my entire legacy?*

What if I told you that the way you
choose to eat today could transform
your future, and uplift your entire
community?

This book is here to remind you that
you hold the power. Every mindful
choice you make about what you put
into your body is a step toward
reclaiming your health, rewriting your
story, and breaking generational
cycles.

Why this matters? Because it's not just
about food, it's about freedom.
Freedom from harmful habits,
generational trauma, and the
narratives that tell you wellness isn't
meant for you. Mindful eating is an act
of rebellion, of self-love, of power. Inside
these pages, you'll find more than
advice, you'll discover inspiration to:

Change your mindset:

**Shift your thinking from survival
thriving.**



Why It's Crucial for Marginalized Racial Groups

Especially Black Communities, To Take Their Health into Their Own Hands

Due to past harmful studies and systemic medical neglect, it is crucial for people of color to take active ownership of their health, knowledge, and history for the following reasons:

From Exploited to Empowered:

Now more than ever, it's essential to take your health into your own hands. Understanding what has been done in the past can help us protect ourselves, advocate for better care, and reclaim the wellness our ancestors were denied.

Below are several studies that reveal why self-education, prevention, and holistic care are not just wise—they're necessary.

Food and beverage companies have historically targeted low-income and Black communities with marketing for high-calorie, low-nutrient products, including candy, sugary drinks, and snacks. In 2021, candy, sugary drinks, snacks, and cereals represented 73% of food and beverage advertising spending on Black-targeted and Spanish-language TV.

The legacy of forced sterilization and unethical experiments on marginalized communities continues to affect the descendants of those who were subjected to these practices. These experiments were often justified by racist and eugenic ideologies, which sought to control the reproduction of certain populations deemed "undesirable" by those in power. The impact of these practices is still felt today in the form of medical mistrust and systemic health disparities.

STUDIES & EXPERIMENTS

The school children from Lyles Station School Overview 1928: US government human radiation experiment on black kids , left the kids with painful skull deformities. [1] were severely irradiated during a medical experiment conducted at the local county hospital. To get parental consent the experiment was misrepresented as a new therapy for the scalp fungus known as ringworm. The radiation of the skull led to immediate symptoms but also to a severe progressive necrosis of the bone throughout his life.

The Vanderbilt University Radioactive Iron Study (1945–1947):

Overview:

In this study, funded by the U.S. Public Health Service, researchers at Vanderbilt University gave pregnant women in Tennessee radioactive iron as part of their prenatal care without their informed consent. Many of these women were low-income and African American.

Substance Used:

Radioactive iron supplements.

The Holmesburg Prison Experiments (1951–1974):

Overview:

The Holmesburg Prison experiments involved the testing of various pharmaceuticals, skin products, and other chemical agents on prisoners, many of whom were African American. These experiments were often conducted without informed consent. In some cases, substances were added to food or applied directly to the skin.

Harmful Impact::

Prisoners suffered from severe health issues, including skin conditions, cancers, and other long-term effects.

Tuskegee Syphilis Study (1932–1972):

The Tuskegee Syphilis Study (1932–1972)

Conducted by the U.S. Public Health Service, this unethical study observed untreated syphilis in Black men without their informed consent.

Overview:

Although not directly related to food, the Tuskegee Syphilis Study is a notorious example of a government-run institution conducting unethical experiments on African American men. The U.S. Public Health Service conducted the study in Macon County, Alabama, to observe the natural progression of untreated syphilis in African American men under the guise of providing free health care.

Harmful Impact::

The men were deliberately left untreated even after penicillin became widely available as a cure. The study resulted in numerous deaths, the spread of syphilis within the community, and long-term distrust of medical institutions among African Americans.

Slave Health Experiments (1700s–1800s):

Enslaved Africans were often subjected to medical experimentation, including procedures without anesthesia.

Dr. J. Marion Sims, considered the “father of modern gynecology,” conducted surgeries on enslaved Black women without consent or pain relief.



Agent Orange Testing on U.S. Soldiers and Vietnamese Populations (1960s–1970s):

Overview:	Agent Orange, a powerful herbicide and defoliant, was used extensively by the U.S. military during the Vietnam War. The chemical was later found to contain dioxin, a highly toxic substance. U.S. soldiers, many of whom were African American and from other marginalized communities, were exposed to Agent Orange. Additionally, the Vietnamese population, including food supplies, were directly affected by the spraying.
Substances Involved:	Dioxin-contaminated Agent Orange.
Food Impact:	Crops and livestock in sprayed areas were contaminated, leading to toxic exposure through the food chain.

MKUltra Experiments (1953–1973): Overview:

The Tuskegee Syphilis Study (1932–1972):	MKUltra was a CIA-led program that involved the administration of drugs, including LSD and other psychoactive substances, to unwitting subjects. Many of these subjects were from marginalized populations, including prisoners, the mentally ill, and people of color. The program aimed to explore mind control and behavior modification techniques. Substances Administered: LSD, other psychoactive drugs, and potentially harmful chemicals.
Food Impacted:	In some cases, drugs were surreptitiously added to food and drink consumed by the subjects.
Harmful Impact:	Many subjects experienced severe psychological and physical effects, including long-term mental health issues, as a result of the experiments.

CIA Mind Control Through Food:

Ingredients, Experiments, and Current Activities:	The CIA's MKUltra program, active from the 1950s to the early 1970s, was a secret project focused on mind control, using various methods including the administration of psychoactive drugs. Food was sometimes used as a vehicle for covertly administering drugs. LSD.
LSD (Lysergic Acid Diethylamide):	LSD was one of the most commonly used substances in MKUltra experiments. It was sometimes slipped into food or drink without the subject's knowledge to study its effects on consciousness and behavior..
Operation Midnight Climax:	In this part of the MKUltra program, the CIA set up safe houses where prostitutes would slip LSD into the drinks of unsuspecting clients. While not food per se, this method of drug administration was similar in intent to food-based delivery



Forced Sterilizations and Eugenics Programs (1920s–1970s):

Overview:

In the United States, eugenics programs aimed at controlling the reproduction of certain populations disproportionately targeted people of color, particularly African American, Indigenous, and Latino communities. These programs often involved forced sterilizations without consent, justified by the pseudoscientific belief that these populations were “genetically inferior.”

Harmful Impact:

The impact of these programs was devastating, leading to the sterilization of thousands of women of color, stripping them of their reproductive rights and causing long-term trauma.

High-Dose Oral Contraceptives:

During the 1950s and 1960s:

High-dose oral contraceptives were tested on women in Black and marginalized communities without their full consent. The high hormone levels in these pills could cause serious side effects and, in some cases, permanent infertility.

Depo-Provera:

An injectable contraceptive that was tested on poor women and women of color, sometimes without their knowledge. Long-term use could lead to extended periods of infertility.

The Guatemala Syphilis Experiments (1946–1948):

Overview:

In this experiment, funded by the U.S. government, Guatemalan prisoners, soldiers, and mental patients were deliberately infected with syphilis and other sexually transmitted diseases without their knowledge or consent.

The San Quentin Prison Experiments (1913–1951):

Overview:

Inmates at San Quentin State Prison in California, many of whom were people of color, were subjected to various medical experiments, including the testing of drugs, surgical techniques, and sterilization procedures.

Harmful Impact:

Prisoners were exposed to dangerous and untested medical procedures, leading to significant health complications and deaths.

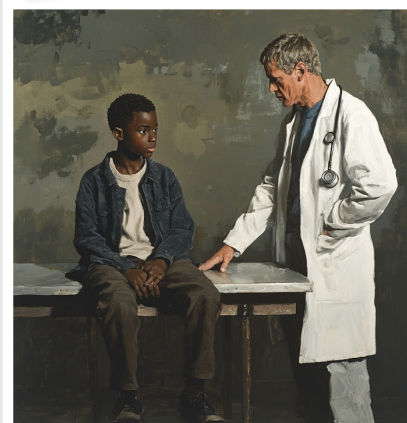
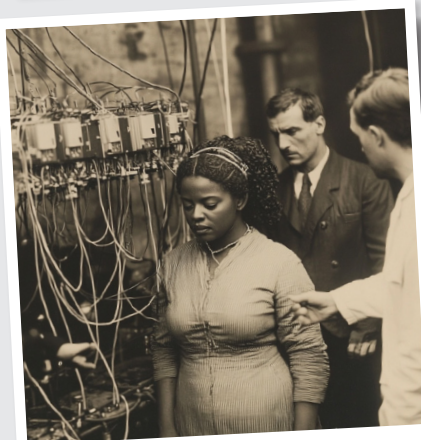
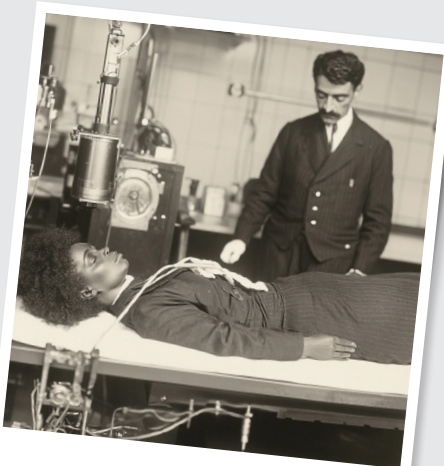
The Pellagra Experiment (1907–1940s):

Overview:

Pellagra, a disease caused by a deficiency in niacin (Vitamin B3), disproportionately affected poor African American communities in the Southern United States. Despite knowing that pellagra was caused by a lack of niacin, the U.S. Public Health Service continued to conduct studies on the disease without providing treatment to those affected. Instead, the disease was studied under the guise of understanding its transmission, even though the solution was known.

Harmful Impact:

Thousands of people suffered and died from pellagra while the government delayed intervention. The lack of treatment led to widespread malnutrition and suffering.



Disclaimer: This image was created using AI. It is a visual representation intended to depict real concepts or events, but it is not a direct photograph of actual occurrences.

The Willowbrook Hepatitis Study (1956–1971): Overview: The Willowbrook State School in Staten Island, New York, housed children with intellectual disabilities, many of whom were from minority and low-income families. In this study, children were deliberately infected with hepatitis to study the disease's natural progression and the effectiveness of a gamma globulin treatment. This was done without proper consent from their guardians. Substances Ingested: Hepatitis-infected food or inoculations. Harmful Impact: The children suffered from severe hepatitis infections, and the study led to significant ethical concerns about the use of vulnerable populations in medical research.

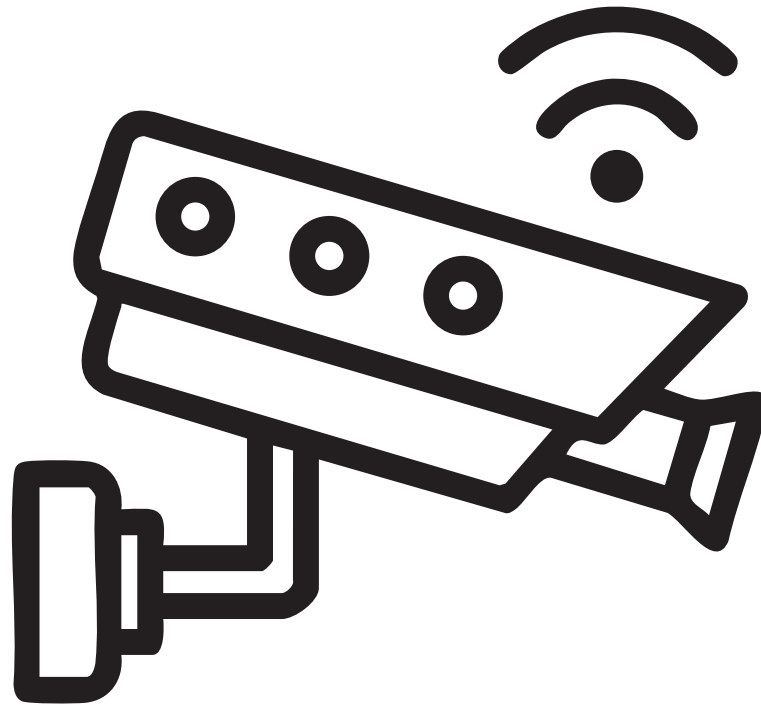
Suppressed / Underreported KNOWLEDGE

Medical Racism & Experimentation:

Africans and African-descended people have been used in unethical experiments, from Tuskegee to Henrietta Lacks, to hormone and pesticide tests in Africa.

Even today, disparities in pain treatment, fertility care, and surgery still exist.

WARNING



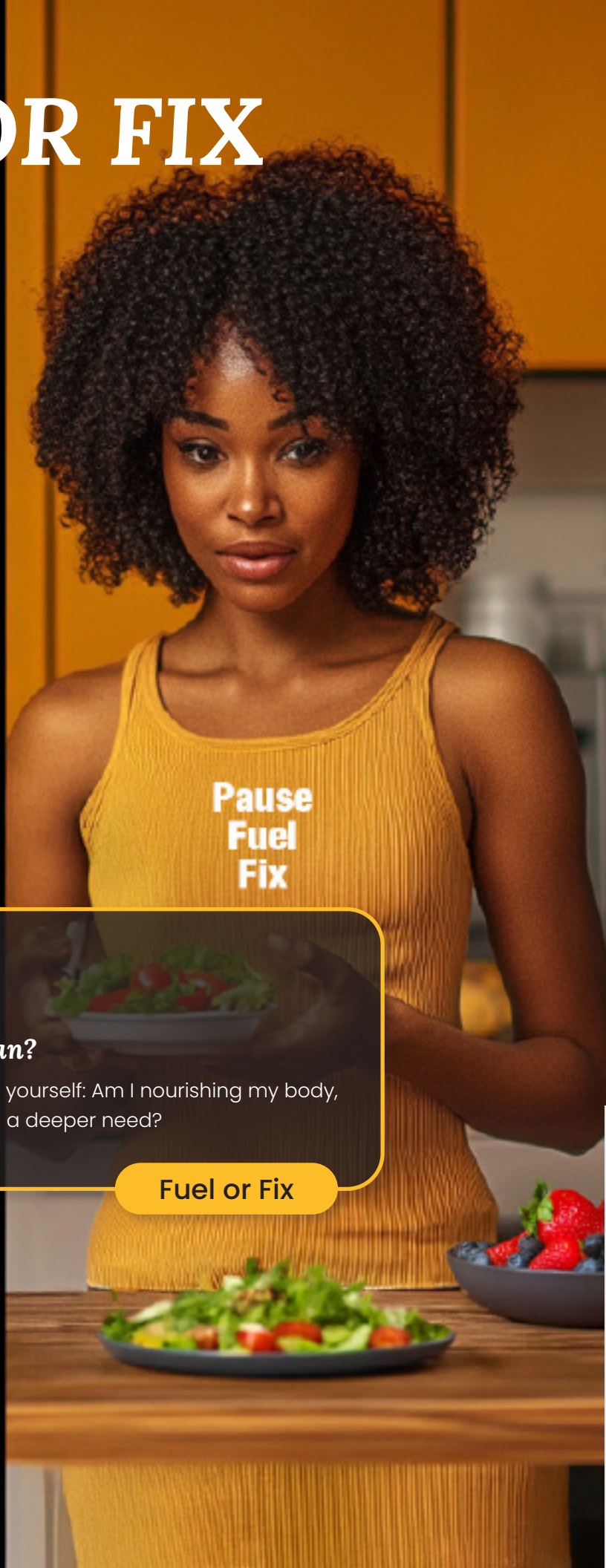
PRETTY POISON ON EVERYCORNER

**How Urban Life Targets the Mind,
Body, and Spirit of People of Color**



***In a World Full of Noise,
Remember Who You Are***

FUEL OR FIX



Pause
Fuel
Fix

Reminder

Fuel or Fix — What Does It Mean?

Is a powerful reminder to pause and ask yourself: Am I nourishing my body, mind, and spirit, or just temporarily fixing a deeper need?

Fuel or Fix

Pause Before You Bite:

FEED YOUR BODY, NOT YOUR TRIGGERS

Before You Chomp: **Check In, Not Out**

**Turn Every Bite into a
Power Move, Not a Pitfall**

COVID-19 & Our Healing

Heart-Centered Guide for People of Color

Understanding, Recovering, and Rising with Ancestral Wisdom and Modern Insight



What Is COVID-19? COVID-19 is caused by the SARS-CoV-2 virus. It started as a respiratory illness but is now known to impact the entire body, especially the heart, blood vessels, and immune system. According to the CDC and WHO, it spreads through respiratory droplets and can cause long-term symptoms in many people.

Where Did It Come From? Mainstream science points to zoonotic origins, likely from bats or other animals. However, Black scholars and herbalists such as Dr. Llaila Afrika and Queen Afua have questioned these origins, suggesting the possibility of lab manipulation, environmental toxins, or spiritual imbalance. Disclaimer: These alternative theories are not endorsed by public health institutions but offer deeper reflection for communities seeking truth.

EPICGENETICS



Bone Density in **BLACK** Individuals

Study on Racial Differences in Bone Density:

This research indicates that Black men and women generally have higher bone mineral density compared to their white counterparts.

Fast-Twitch Muscle Fibers in Black Individuals

Racial Differences in Muscle Fiber Composition: This review suggests that Black subjects may have a greater percentage of type II (fast-twitch) skeletal muscle fibers, which could influence aerobic capacity and obesity risk.

Melanin and Nerve Function in Black Individuals

Dark Skin Overview: This article provides insights into the role of melanin in skin protection and its presence in various tissues, including the brain's substantia nigra, which is involved in movement and may have implications for nerve function.

The Human Nervous System: Structure and Function: This comprehensive resource offers detailed information on the nervous system's anatomy and physiology, including discussions on melanin's role in neural structures.

Powerful Musculature and Fast-Twitch Muscle Fibers

Black men often have a higher proportion of fast-twitch muscle fibers, which contribute to explosive strength, speed, and athletic performance, a reason many excel in sports like sprinting and basketball. Source: American Journal of Physiology, 1986

Genetic Diversity and Resistance

African ancestry includes the most genetically diverse populations on Earth, offering advantages like stronger immune responses and resistance to certain infectious diseases. Source: National Institutes of Health (NIH)

Deep, Resonant Voices

Many Black men naturally have lower-pitched, resonant voices, which can command attention, convey strength, and evoke respect in communication.

Exceptional Endurance & Cardiovascular Resilience

Black men from various regions (e.g., East Africa) have shown natural efficiency in oxygen use, contributing to long-distance running endurance and overall cardiovascular fitness. Source: International Journal of Sports Physiology and Performance

Strong Facial Bone Structure

Prominent cheekbones, defined jawlines, and unique facial symmetry reflect strength and beauty across global cultures, often influencing fashion, art, and media.



Melanin Magic: The Power Within

A Celebration of the Brilliance, Resilience, and Radiance of People of Color



The Best-Kept Secret? It's You.

**Unlocking the Power of Your Inner Anatomy
They Never Wanted You to Know**

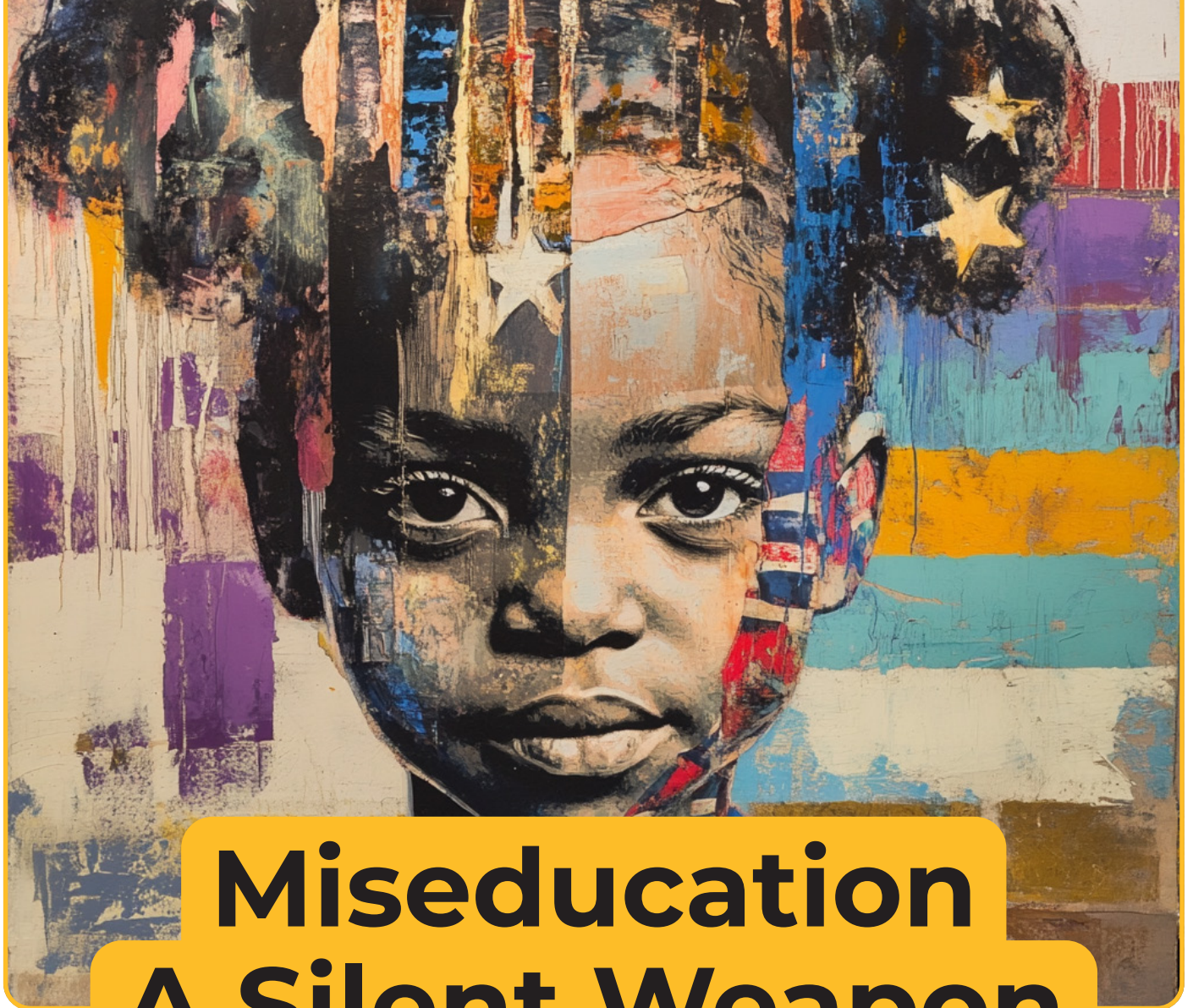
A woman is shown in profile, facing left. She has a large, dark, textured afro hairstyle. Her hair is adorned with a wide, colorful beaded headwrap featuring yellow, red, and white beads. She is wearing a high-necked sweater with a vibrant, multi-colored beaded pattern. She has large, ornate gold earrings, one of which is a large circular disc with intricate designs. Her makeup includes dark eye makeup and bright red lipstick. The background is a soft, out-of-focus green and blue.

Why They Try to Silence What They Secretly Admire

YOU MAY FEEL LIKE PEOPLE ARE WORKING YOUR NERVES...



And maybe they are.
From sneaky toxins in your skin care,
To chemicals in your hair products,
Even your drinking water is suspect.
Then there's the stress, the microaggressions, the
targeting, the pressure... especially at work.
But here's the deeper question:



Miseducation A Silent Weapon

What we now call “public education” was built on values of obedience, labor preparation, and Eurocentric history, with key decisions made to protect power, not distribute it.

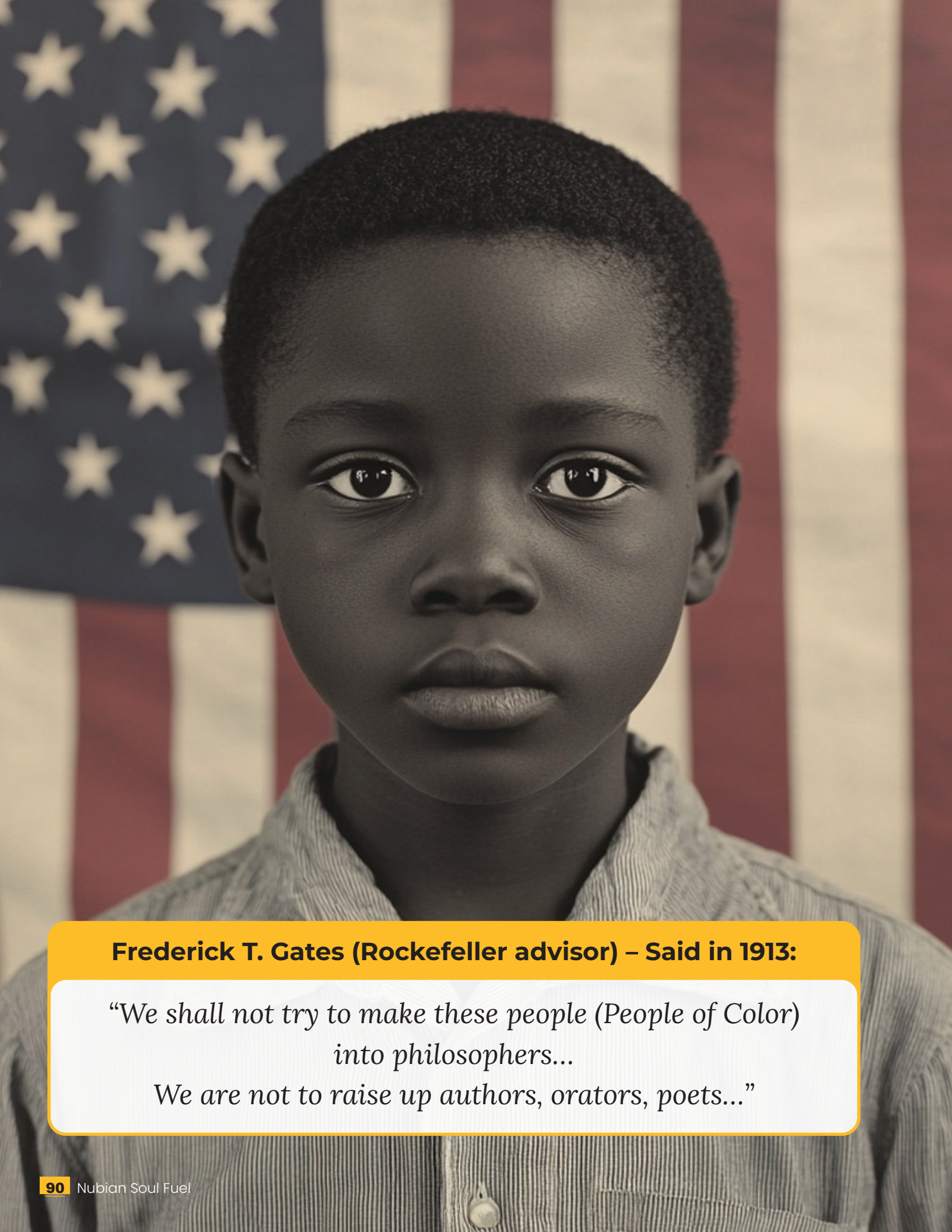
Notable Figures Who Shaped It (Without Us Present):

Horace Mann (1800s) – Called the “father of public education,” advocated for universal schooling, but rooted it in Protestant, industrial-era values.

John D. Rockefeller & Andrew Carnegie – Industrialists who funded educational reforms to produce disciplined workers, not free thinkers.

Frederick T. Gates (advisor to Rockefeller) – Famously stated in 1913:

“We shall not try to make these people or any of their children into philosophers or men of learning...
We are not to raise up from among them authors, orators, poets...”
(General Education Board, 1913)



Frederick T. Gates (Rockefeller advisor) – Said in 1913:

*“We shall not try to make these people (People of Color)
into philosophers...*

We are not to raise up authors, orators, poets...”

President Rutherford B. Hayes didn't just step away from power—he later led discussions like the Mohonk Conference on the Education of the Negro, influencing how Black children would be educated across the country.

The U.S. school system was never built with Black, Indigenous, or immigrant children in mind. Instead, it was shaped by white industrialists and elites:

Horace Mann – Pushed a Eurocentric “public education” for factory discipline and national obedience.

John D. Rockefeller & Andrew Carnegie – Funded schools to produce “good workers,” not thinkers.

These
systems
erased your
greatness,
from your
hair to your
history.

**INDOOR CLASSROOMS,
DIMMED SPIRITS**

In ancient societies, education happened outdoors—with sunlight, fresh air, and real-world knowledge. Today? Black and Brown children are confined inside for 6–8 hours a day, taught distorted versions of themselves, under harsh lighting, processed lunches, and Eurocentric lies.

Vitamin D is essential for:

- Brain and immune health
- Hormonal balance
- Protection against depression

But schools were designed to dim your melanin, mute your identity, and shape your spirit to serve—not to lead.

Teach REAL Black History

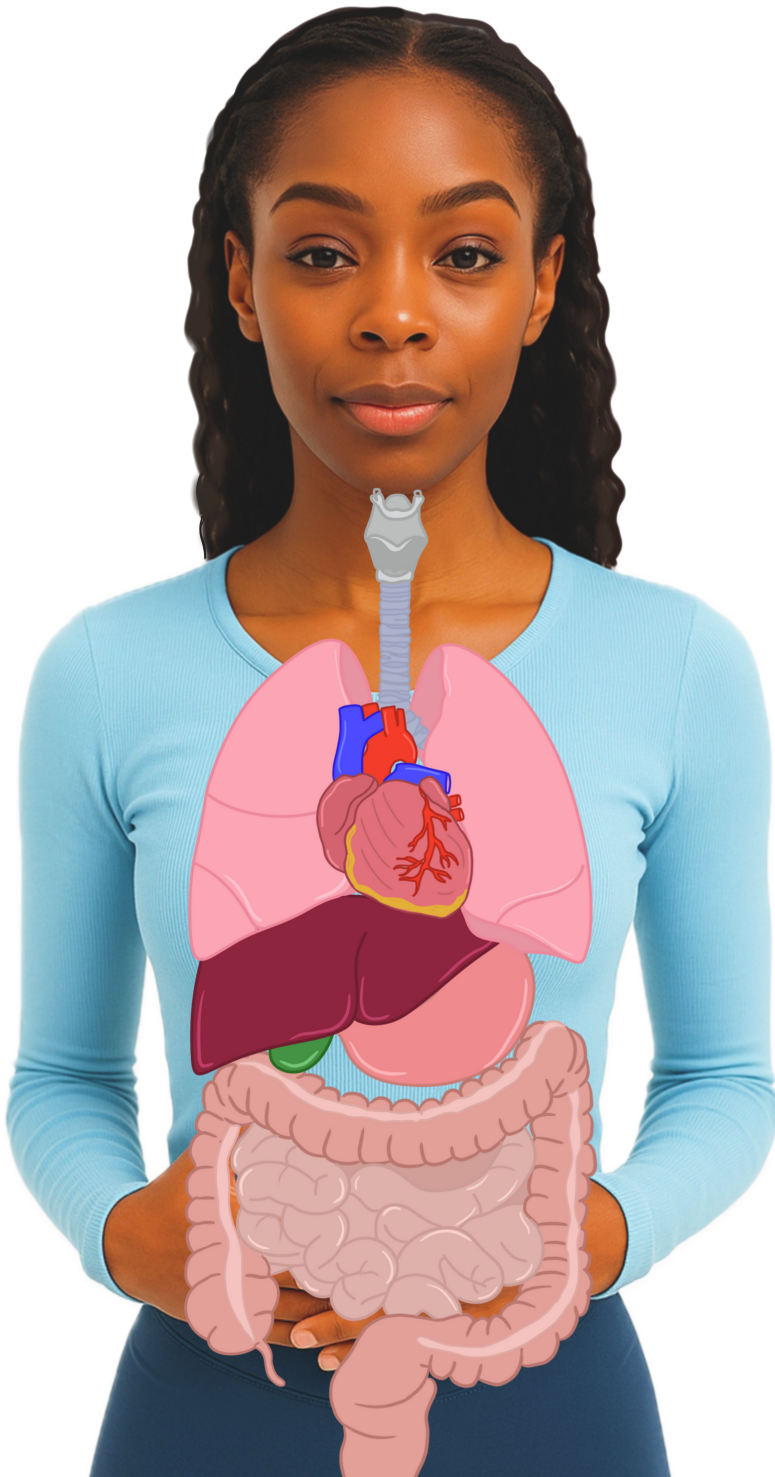
- How Hannibal Barca, a Black North African general, defeated Rome.
- How Alexander the Great was defeated by a Black woman general.
- How the libraries of Timbuktu, Kemet, and Mali were the global centers of knowledge.
- How Black engineers built pyramids aligned with the stars, long before any Western system.
- How your hair and melanin aren't flaws—they're divine armor.

Knowing Your Body

Our Anatomy, Our Power

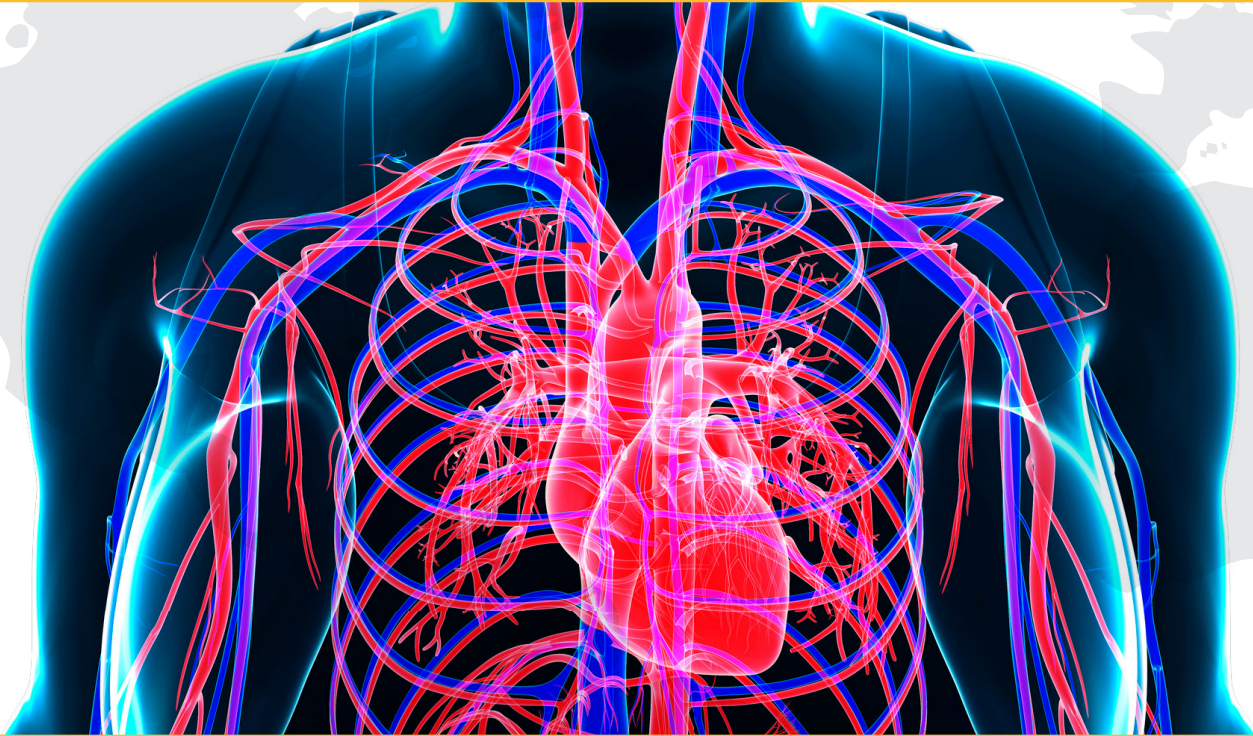
Your Body Is Worthy of Love

Our body is more than just a collection of systems, it's an intelligent, interconnected ecosystem. Every bite you take, every habit you form, and every emotion you experience is connected to how your body, mind, and gut function together.



Let's Get
started

Chapter 1



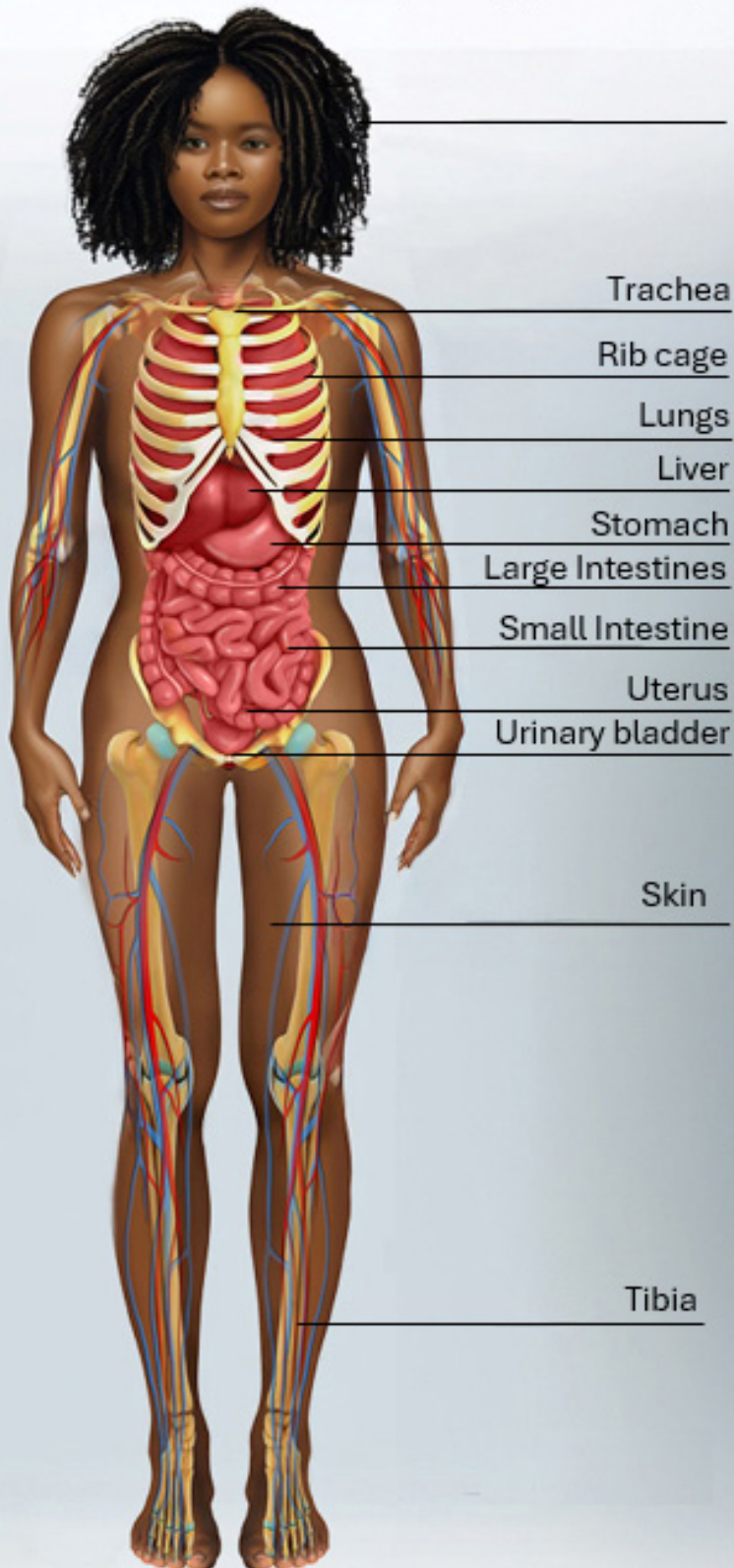
OUR ANATOMY

Honor Your Body, Honor Your Roots: Loving Yourself Starts with Knowing Yourself

Knowing your body and honoring your ancestry restores the health and brilliance generations were taught to forget.

Soulful Self-Care: A Cultural Approach to Holistic Health

Embracing your anatomy and ancestral wisdom is a powerful act of self-love. When you understand your body, you reclaim your health and help heal generations



Digestive System

Mouth, Saliva (Oral Cavity), Pharynx & Esophagus, Stomach, Liver, Gall Bladder, Pancreas, and Intestine
First contact points for anything you eat or drink:
Starts digestion, protects airway during swallowing, initial microbial interactions.

Respiratory System

Involved because what you put in your mouth affects the airways (e.g., when breathing while eating, or when harmful bacteria are introduced):
Lungs & Chest Cavity

Circulatory & Lymphatic Systems

Circulatory / Lymphatic / Immune
Heart, Blood Vessels, - Distribute oxygen and nutrients from digestion to every cell.

Reproductive System

Ovaries & Uterus
Hormones and nutrients from food affect menstrual cycles, fertility, and pregnancy health..

Integumentary System

Skin & Appendages
Reflects internal health and acts as a barrier; nutrient-rich food supports skin health.

Skeletal System

Framework that holds all structures: Structural support for chewing, swallowing, breathing.

Muscles in Legs

Movement promotes lymph flow and aids digestion.

Teen and Adult Gut Health

HORMONE TIMELINE



Puberty (ages 8 – 14)

Rising estrogen and testosterone may affect gut and digestion as the body begins its reproductive journey.



Menstrual years (ages 15 – 35) (Young Womanhood)

Monthly cycle of estrogen and progesterone can influence gut microbiota,



Perimenopause (ages 35 – 50) (Wisdom Rising Phase)

Declining progesterone & irregular cycles may impact digestion and gut health, some women experiencing slower digestion, changes in bowel movements



Menopause (average age 51)

(The Great Transition / Matriarch Phase)

Low estrogen and progesterone lead to changes in metabolism and gut flora.



African and Caribbean herbs for gut balance



Aloe vera



Bissap



Baobab



Guinea hen weed





Feed your body with purpose, your mind with wisdom, and your spirit with truth—because a well-nourished man builds stronger thoughts, deeper love, and unstoppable legacy.

Kenyatta Blake

Your body is more than muscle, it's memory, mission, and medicine. For Black men, knowing your full anatomy is key to reclaiming health, peace, and power. From the crown of your head to the soles of your feet, every organ holds purpose. Every system, a sacred design.

Black Men

System by System

1. Digestive System (Stomach, Intestines, Liver)

Job: Breaks down food into nutrients.

When eating: Turns food into fuel → sends it to the liver to clean + store → gut absorbs what your body needs.

Why it matters: A clean gut = strong energy, clear skin, fewer toxins.

2. Circulatory System (Heart, Blood, Vessels)

Job: Moves nutrients and oxygen everywhere.

When eating: Blood picks up vitamins from the gut → carries them to your brain, muscles, and organs.

Why it matters: Healthy blood flow = better stamina, heart health, and mental sharpness.

3. Endocrine System (Hormones: Testosterone, Thyroid, Insulin)

Job: Controls growth, energy, and mood.

When eating: Good food supports testosterone, balances blood sugar, and fuels metabolism.

Why it matters: Strong hormone health = better focus, muscle, sleep, and emotions.

4. Nervous System (Brain, Nerves, Spine)

Job: Sends signals and controls how you move, think, and feel.

When eating: Brain uses nutrients to power focus, memory, and calm.

Why it matters: Food affects mood, reaction time, and mental strength.

5. Reproductive System (Testes, Prostate, Seminal Vesicles)

Job: Produces testosterone and supports fertility.

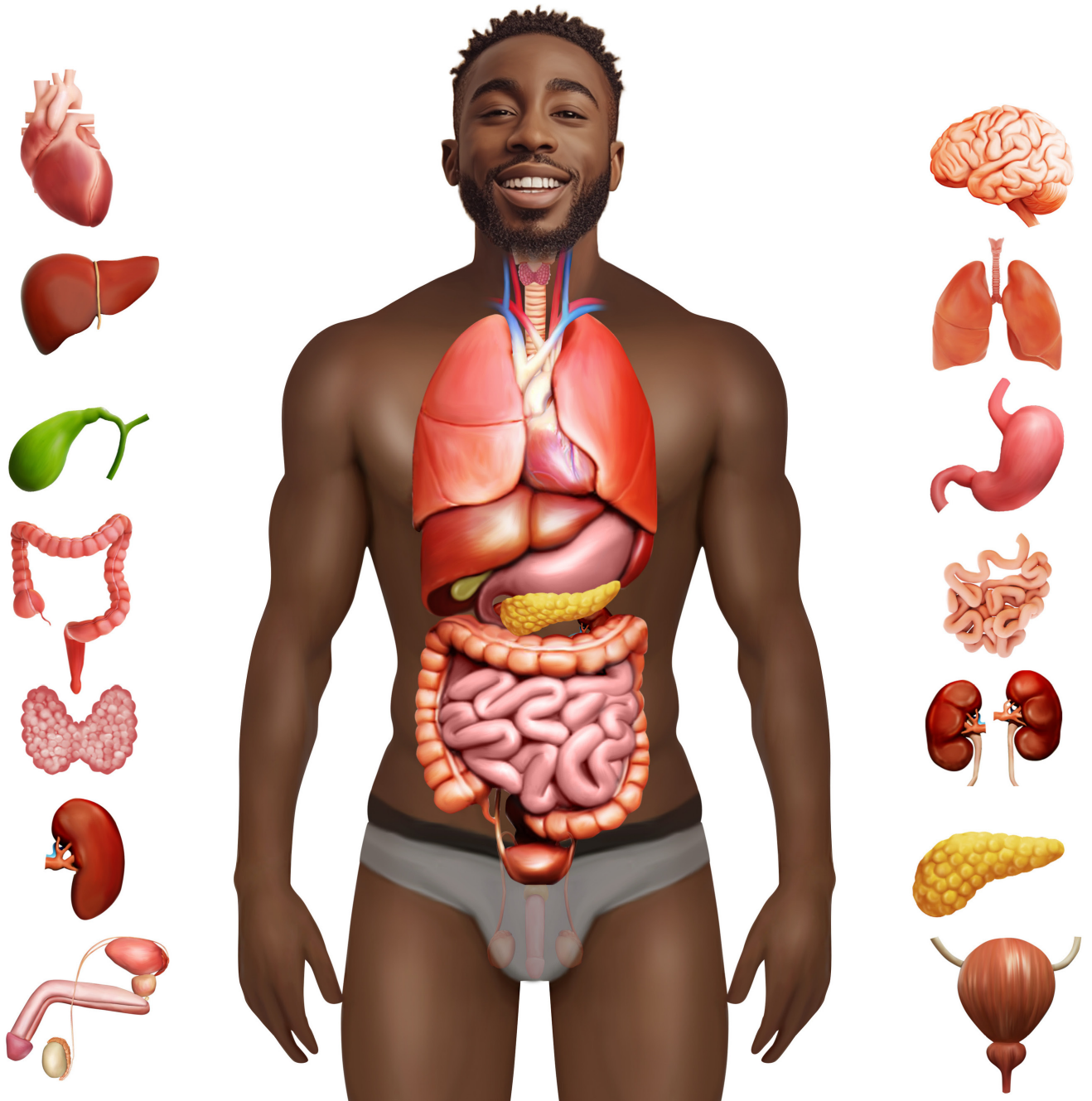
When eating: Zinc, healthy fats, and plant-based foods support strong function and protection.

Why it matters: Healthy food = healthy hormones, legacy protection, and fewer prostate issues.

Power from the Neck Up:

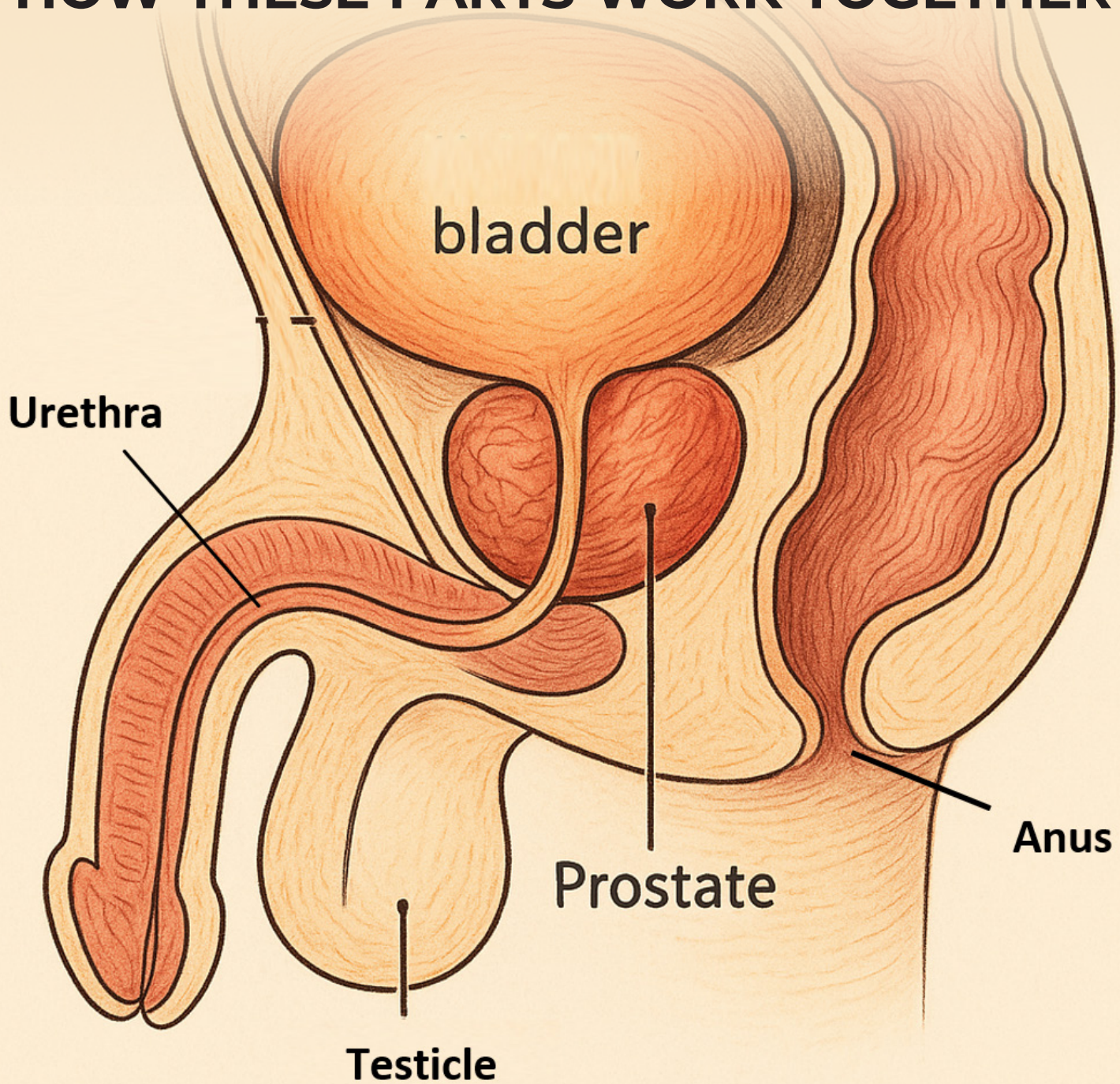
A Black Man's Guide to Wellness and Self-Mastery

MasteryFor Black men, the anatomy from the neck up is the control center of strength, vision, and legacy. The throat, brain, and pineal gland are not just physical structures—they're gateways to clarity, purpose, and divine alignment.



The Transition of Powers

HOW THESE PARTS WORK TOGETHER



- **Penis:** The external part that releases urine and semen.
- **Bladder:** Stores urine until it's time to release it.
- **Prostate:** Makes fluid that helps sperm travel; it wraps around the urethra.
- **Urethra:** The tube that carries urine from the bladder and semen from the prostate out of the penis.
- **Anus:** The opening where solid waste leaves the body.

How They Work Together:

The bladder holds urine. The urethra carries urine through the prostate and out of the penis. The prostate helps during reproduction. The anus handles solid waste.

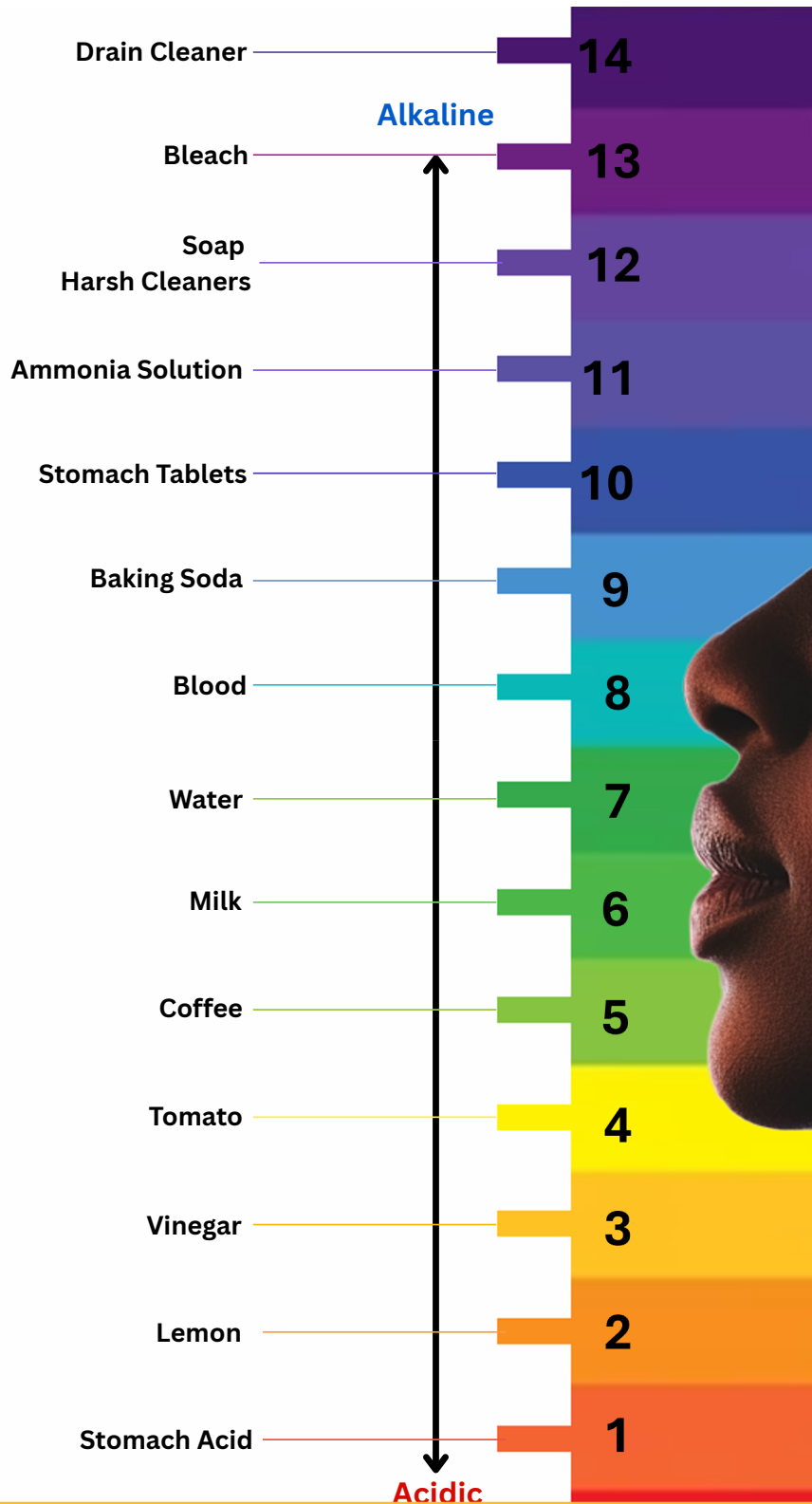
Choose your poison

SUGAR

Dopamine



The PH Scale



The Alkaline ‘Doctor’ Who Beat New York:

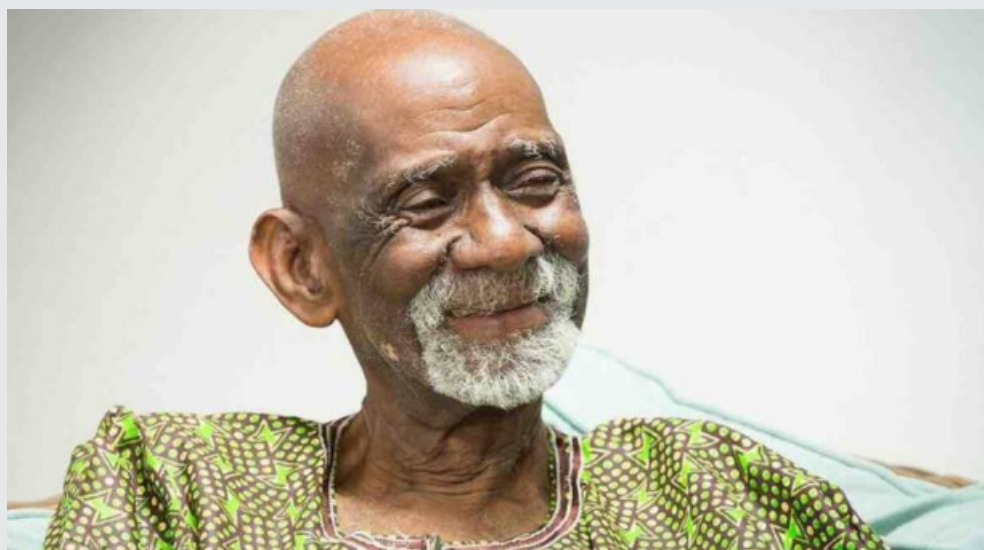
Dr. Sebi, Plant-Based Healer Sued for Curing HIV (and Won)

Meet Dr. Sebi,
The Controversial ‘Herbalist’ Who Claimed He Could Cure Any Disease

By Bernadette Giacomazzo | Edited by Adam Farley

published september 130, 2021 | Updated October 4, 2023

Dr. Sebi sold vegan diets and "cell food" to some of the world's biggest celebrities, and even claimed that he found a cure for AIDS.



Giacomazzo, B. (2021, September 30). Meet Dr. Sebi, the controversial ‘herbalist’ who claimed he could cure any disease. AllThatsInteresting.com. Updated October 4, 2023. Retrieved August 11, 2025, from <https://allthatsinteresting.com/dr-sebi>

Did You Know?

In 1987, the State of New York sued Dr. Sebi — not for harming people, but for healing them.

- Real patients came forward with medical records showing serious illnesses before treatment and no trace of the disease afterward.
- In court, these individuals testified they were healed through a strict plant-based, alkaline diet and herbal remedies.
- Diseases reported as healed and gone included:
 - HIV/AIDS
 - Herpes
 - Lupus
 - Sickle Cell Anemia
 - Blindness (in certain documented cases)

The Case

- Evidence presented: patient testimony + before-and-after medical documentation.
- Verdict: Jury acquitted him — prosecutors could not prove he was practicing medicine illegally.

Processed Meats

Includes lunch meats like ham, turkey, and salami, undergo preservation methods such as curing, smoking, salting, or the addition of chemical preservatives to enhance flavor and extend shelf life. Examples encompass bacon, sausages, hot dogs, and deli slices.

Health Concerns:

Regular consumption of processed meats has been linked to various health issues:

- **Cancer Risk:** The World Health Organization classifies processed meats as Group 1 carcinogens, indicating sufficient evidence that they can cause colorectal cancer.
- **Cardiovascular Disease:** Studies suggest that diets high in processed meats are associated with an increased risk of heart disease and type 2 diabetes.
- **Processed meats, such as bacon, ham, sausages, and deli slices, contain several compounds that have been identified as harmful to human health:**

- **N-nitroso Compounds (NOCs):** These carcinogenic substances, including N-nitroso dimethylamine (NDMA), can form during meat processing and cooking.
- **Heterocyclic Aromatic Amines (HAAs):** Produced when meat is cooked at high temperatures, HAAs have been associated with an increased risk of colorectal, pancreatic, and prostate cancers.
- **Polycyclic Aromatic Hydrocarbons (PAHs):** These carcinogens form when meat is smoked or cooked over open flames, contributing to cancer risk.
- **Haem Iron:** Naturally present in red meat, haem can promote the formation of NOCs in the body, potentially damaging the lining of the bowel and increasing cancer risk.
- **Inorganic Toxins:** Processed meats may contain heavy metals like arsenic, cadmium, mercury, and lead, which can accumulate from



Foods That Convert Quickly to Sugar Inside the Body

Even if they're not "sugary":

- White rice
- White bread
- Pasta (especially refined/white)
- Breakfast cereals (most brands)
- Potatoes (especially mashed or fried)
- Pastries, croissants, muffins
- Crackers and rice cakes
- Tortillas (white flour)
- Instant oatmeal
- Energy bars or "granola" bars
- Juices (even 100% fruit juice)
- Fruit smoothies (with banana, mango, etc.)
- Low-fat flavored yogurt
- Milk (lactose is a sugar)
- Canned fruits in syrup

Guide on how to manage blood sugar levels, especially after consuming sweet foods

Apple Cider Vinegar (ACV): A Natural Aid for Blood Sugar Control

Scientific Insights:

Pre-Meal Consumption:

Drinking 1 tablespoon of apple cider vinegar diluted in a large glass of water about 10 minutes before a carbohydrate-rich meal can reduce post-meal blood sugar spikes by up to 30%. This effect is attributed to acetic acid, which slows gastric emptying and enhances insulin sensitivity.

New York Post

Long-Term Benefits:

Regular consumption of ACV has been associated with improved glycemic control and lipid profiles in individuals with type 2 diabetes. PMC+3PubMed+3Verywell Health+

Usage Tips:

Dilution:

Always dilute ACV to protect tooth enamel and prevent digestive discomfort. Time+1Verywell Health+1

Timing:

Consume before meals, especially those high in carbohydrates.

**WHAT
SHOULD
YOU
EAT!**



Vitamins & Supplements

Vitamin D

Top Quality Ingredients for Vitamin D Supplements

Ingredient	Why It Matters
Vitamin D3 (Cholecalciferol)	Most bioavailable form of vitamin D; better absorbed and utilized than D2.
Lichen-Based D3	Plant-based source of D3 for vegans; sustainably harvested.
Lanolin-Based D3	Derived from sheep's wool; widely used and well-researched.
MCT Oil (Medium-Chain Triglycerides)	Improves absorption since vitamin D is fat-soluble; gentle on digestion.
Organic Extra Virgin Olive Oil	Natural fat carrier that supports absorption and offers antioxidant benefits.
Vitamin K2 (MK-7 form)	Works with D3 to ensure calcium goes to bones, not arteries; long-lasting in the body.
Mixed Tocopherols (Vitamin E)	Acts as a natural preservative and antioxidant, protects D3 from oxidation.
Vegetable Cellulose Capsules	Allergen-free, vegan-friendly capsule alternative to gelatin.
No Artificial Additives	High-quality brands avoid dyes, fillers, and preservatives like titanium dioxide.



Microplastics

Microplastics are tiny plastic particles less than 5 millimeters in size. They originate from the breakdown of larger plastic items, such as containers, clothing, and tires, and are now found in virtually all ecosystems, including the human body.

Microplastics have been detected in human blood, lungs, and even brain tissue. Their small size allows them to penetrate biological barriers, potentially leading to various health issues:

- **Inflammation and cellular damage:**
 - Microplastics can cause oxidative stress and inflammation in tissues.
- **Endocrine disruption:**
 - Certain chemicals in microplastics can interfere with hormone function. Wikipedia
- **Reproductive and developmental problems:**
 - Exposure has been linked to fertility issues and developmental abnormalities.
- **Neurological effects:**
 - Studies suggest a potential link between microplastics and neurological conditions.

REMEMBER



Hypatia

Hypatia (c. 360–415 AD) was a brilliant Teacher and renowned African-born philosopher, astronomer, mathematician, and Scholar, widely considered the last great scholar of ancient Africa (Kemet) before the Christian empire's takeover of African spiritual and intellectual traditions.

She taught

- Mathematics
- Geometry
- Astronomy
- Philosophy,
- Metaphysics
- African Cosmology
- African Spiritual systems tied to Ma'at (balance, wisdom).

